

## Empowerment, Counseling And Accompaniment For Governance Menarche Toward Students In Ar Rahman Sinandang Kasih South Konawe, Southeast Sulawesi

Yuhanah<sup>1</sup>, Rizka Mutmaina<sup>2</sup>

<sup>1</sup>Nineteen November Kolaka University, Kolaka Youth Street

<sup>2</sup>Stikes Pelita Ibu Kendari, Kampung Baru Street, Kendari

E-mail: [yuhanah12764@gmail.com](mailto:yuhanah12764@gmail.com)

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### Abstract

Manifestations of hormone work during menarche have a significant impact on physical and psychological changes where the development of the body and a sense of mood that has never been felt before such as lazy to study, also women begin to recognize the opposite sex, so this condition makes young women more susceptible to diseases and problems related to reproductive function. These community services aim to increase awareness and shape a healthy lifestyle for teenagers in order to create a quality future generation of the nation. The method of this program is empowerment by training and accompaniment. The instrument in this program used questionnaires pre and post-test with knowledge indicators. The target objects of female students in grades V and VI were 35 people. The results of the evaluation of the pre-test and post-test questionnaires showed significant changes in students' understanding after counselling, such as 98% not understanding menarche to understanding 95% and 97% being satisfied with the counselling provided. The realization of a quality future generation of women is closely related to the extent to which individuals understand and implement knowledge about personal health, including before menarche. Therefore, the support of various related parties greatly contributes to the progress of the nation.

**Keywords:** Menarche; Health; Counseling; Junior High School

### Abstrak

Manifestasi kerja hormon selama menarche memiliki dampak yang signifikan terhadap perubahan fisik dan psikologis dimana perkembangan tubuh dan rasa mood yang belum pernah dirasakan sebelumnya seperti malas belajar, juga wanita mulai mengenali lawan jenis, sehingga kondisi ini membuat wanita muda lebih rentan terhadap penyakit dan masalah yang berkaitan dengan fungsi reproduksi. Pengabdian kepada masyarakat ini bertujuan untuk meningkatkan kesadaran dan membentuk gaya hidup sehat bagi remaja dalam rangka menciptakan generasi bangsa yang berkualitas di masa depan. Metode program ini adalah pemberdayaan dengan pelatihan dan pendampingan. Instrumen dalam program ini menggunakan kuesioner pra dan pasca tes dengan indikator pengetahuan. Objek target siswa perempuan kelas V dan VI adalah 35 orang. Hasil evaluasi kuesioner pra-tes dan pasca tes menunjukkan adanya perubahan yang signifikan dalam pemahaman siswa setelah konseling, seperti 98% tidak memahami menarche hingga memahami 95% dan 97% puas dengan penyuluhan yang diberikan. Terwujudnya generasi perempuan masa depan yang berkualitas erat kaitannya dengan sejauh mana individu memahami dan mengimplementasikan pengetahuan tentang kesehatan pribadi, termasuk sebelum menarche. Oleh karena itu, dukungan berbagai pihak terkait sangat berkontribusi terhadap kemajuan bangsa.

**Kata kunci:** Menarche; Kesehatan; Konseling; Sekolah Menengah Junior

## INTRODUCTION

Menarche is One of the characteristics of puberty in girls which is the first menstrual period or menstruation (Makassar et al., 2021). Children's age when experiencing menarche is different, some experience it at the age of 10 years, and some experience it at the age of 18 years. (Coast et al., 2019). According to the Indonesian Ministry of Health (2018), the average incidence of menarche in Indonesia occurs at the age of 12.4 years with a prevalence of 60%, at the age of 9-10 years as much as 2.6%, at the age of 11-12 years as much as 30.3%, and at the age of 11-12 years at 30.3%. age 13 years as much as 30%. The rest experienced menarche over the age of 13 years (Ministry of Health RI, 2018). Based On the result of Basic Health Research, in Southeast Sulawesi, the percentage who get their first menstruation or menarche is 22.8% at the age of 15-16 years (Daughter of Ian Ismi Antika et al., 2021). In Indonesia, 46.7% of adolescent girls are not prepared to face menarche. As many as 75% of adolescent girls, experience fear when menstruating. 60% don't know what to do when menstruating and 40% don't have any special preparations when menstruating (Widyastutik et al., 2022). Lack of knowledge about menarche will affect attitudes in maintaining personal hygiene in adolescents when experiencing menstruation. This then becomes the risk of adolescents getting infections in their reproductive organs. 35-42% of adolescents experience reproductive tract infections due to inappropriate and correct personal hygiene behaviour due to a lack of knowledge about menarche (Hanum et al., 2022). Lack of knowledge can lead to anxiety in young women, besides that young women will experience confusion and think that menarche is an unpleasant thing, as a result, children will see that menarche is a disease. This is a natural change experienced by every teenager. (Daughter of Ian Ismi Antika et al., 2021). Young women need support that can be obtained from the family environment, school environment, peer environment, and community environment. (Health et al., 2021). Another thing can be obtained by health counseling efforts before menarche. Health efforts are carried out in providing support and increasing knowledge to obtain correct information about menarche for adolescent girls. One of the health promotions carried out in providing an overview to young women is through counseling. These efforts play a role in improving the health status of individuals and communities. By providing knowledge, descriptions of the attitudes and behavior of Class V and IV junior high school Ar Rahman Sindangkasih students to be more prepared when experiencing menarche and not to think that menarche is disgusting or a disease.

## GENERAL DESCRIPTION OF THE COMMUNITY, PROBLEMS AND TARGET SOLUTIONS

### General description

The Private Ibtidaiyah Madrasah (MIS) of Sinadang Kasih is the only junior high school. The location of the school is in the West Ranomeeto District, South Konawe Regency, consisting of 12 classes with 18 teachers and the distance to the Regency capital is  $\pm$  50 Km, with a distance of  $\pm$  90 minutes.



Figure 1. The condition of the MIS Sindang Kasih school

### Problem

The results of the initial survey on May 29, 2022, the main problems at the Ar Rahman Sindang Kasih Madrasah Private School (SMIS) are the absence of School Health Business (UKS) facilities, teachers

and not receiving UKS cadres and not implementing the Youth Care Health Service (PKPR) program so the student can not access to health facility and risk to health problem include health problem in puberty periode

**Target solution**

Hold direct counseling for female students in relation to menarche, discuss follow-up agreements and technical activities related to UKS and Advocacy for the PKPR program at the Puskesmas level.

**METHOD**

The Methode of Community service activities to use empowerment approach by training and accompaniment and counseling. The approach to have three stages, at first pre-test to be done before implementation activity for to know knowledge of students about governance of menarche the second step is accompaniment and counseling and the third stage is post test as an evaluation to assess the level of knowledge of students after giving the material using a questionnaire. Counseling activities were carried out by two lecturers and the target subjects of the activity were female students in grades V and VI totaling 35 people, This event will take place on 27 May 2022 at the Ar Rahman Sindang Kasih Private Islamic School (SMIS), Ranomeeto Barat, Konawe Selatan Regency. Indicators of success are assessed by comparing the number of pre and post test percentages of 30 questions including student cooperative responses during counseling.



Figure 2. Implementation of counseling and discussion of UKS follow-up

**RESULTS AND DISCUSSTION**

The implementation of Community Service (PKM) activities with stages (Pre-test and post-test carried out by 35 female students in grades V and VI showed significant changes related to student understanding after counseling, such as 98% not understanding menarche to understanding totaling 95%.

Table 1. Knowledge of female students before counseling

Criteria	n	%	Knowledge
Class V students	7	19,6 %	Not understand
Class VI students	28	78,4 %	Not understand

Table 2. Knowledge of female students after counseling

Criteria	n	%	Knowledge
Class V students	7	18,9 %	Understand
Class VI students	28	75,6 %	Understand

This study is in line with research conducted by Ria et al, where there is a good relationship between knowledge and attitudes towards menarche. 75% of adolescents who have a good level of knowledge before counseling, become 100% have good knowledge about menarche followed by a positive attitude in dealing with menarche which initially 82% increased to 100% after counseling(Sari, 2020). Another study conducted by Monica pratiwi et al, the absence of counseling related to knowledge and understanding given to adolescent girls at SD Gedok 1 Blitar made 50% (51%) adolescent girls

experience moderate anxiety. And after counseling, more than 50% (51%) of young women no longer experience anxiety. Where there is an effect of counseling on the level of anxiety of young women in the face of the first menstruation (menarche), where counseling can reduce the level of anxiety. (Wijaya et al., nd). A similar study was conducted by Rasi et al, which compared the anxiety levels of adolescents who experienced menarche who were not counseled to experience mild anxiety as much as 48.64%, and experiencing moderate anxiety by 51.36%. and after counseling, many adolescents' anxiety levels became normal or not anxious with a total of 51.56% and the rest only experienced mild anxiety levels (Rahagia & Angrasari, 2019).

## CONCLUSIONS AND SUGGESTIONS

The method of Community service activities to use empowerment approach by training and accompaniment and counseling can to help students on grade five and six for preparation menarche adaption. More information and attention support system likes parents, teachers, close friends and peer groups about menarche as effort to growth quality generation in future. Early support that is easily accepted by young women is support from the family in this case, the mother or sister (sister) who should provide an explanation about menarche to their daughter (Hidayah, N., & Palila, 2018). Therefore, the support of various parties, both cross-program and cross-sectoral related greatly contributes to the health and future progress of the nation.

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